

## BREAKFAST

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|---|---------------|--|---------------|
| <b>Breakfast Wrap</b><br>Eggs, sausage, spinach, salsa & cheddar cheese in a wheat tortilla                           | <b>\$4.50</b> | <b>Peanut Butter Granola Wrap</b><br>Peanut butter, Granny Smith apples, granola, & honey in a wheat tortilla          | <b>\$4.30</b> |
| <b>Avocado Toast with Salmon</b><br>Avocado mash, smoked salmon, capers & red onions on toasted multigrain            | <b>\$7.00</b> | <b>English Muffin Sandwich</b><br>Egg whites, turkey sausage, avocado & pepper jack cheese on a toasted English Muffin | <b>\$5.95</b> |
| <b>Oatmeal</b><br>Slow cooked oats with your choice of brown sugar, Craisins, raisins, Granny Smith apples or walnuts | <b>\$3.70</b> | <b>Focaccia Breakfast Sandwich</b><br>Eggs, ham, cheddar cheese, tomatoes & chipotle mayo on grilled focaccia          | <b>\$5.25</b> |

## BUILD YOUR OWN BREAKFAST SANDWICH

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|---|--------|--|--------|
| <b>1. BREAD:</b>                              |        | <b>3. PROTEIN:</b>                               | \$1.15 |
| Bagel   | \$1.70 | Bacon, Ham, Turkey,                              |        |
| Croissant                                     | \$2.25 | Pork or Turkey Sausage                           |        |
| Whole Wheat Toast, Tortilla or English Muffin | \$1.70 | <b>4. VEGETABLES:</b>                            |        |
| GF Bread                                      | \$2.25 | Avocado  | \$1.50 |
| <b>2. EGGS:</b>                               |        | Tomatoes   | \$.55  |
| Baked Eggs or Egg Whites                      | \$.95  | Roasted Red Peppers & Spinach                    | \$.95  |
|   |        | <b>5. CHEESE:</b>                                | \$.65  |
|   |        | American, Cheddar, Pepper Jack, Provolone, Swiss |        |

## CAFE SALADS \$8.50

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|--|---|---------------------------------|
| <b>6 North Wedge Salad</b><br>Crisp iceberg, candied bacon, blue cheese crumbles, tomatoes, red onions & avocado<br>Chipotle Ranch Dressing  | <b>Kale Power Salad</b><br>Crunchy kale mix, smoked salmon, cucumbers, red onions, tomatoes & Parmesan cheese<br>Sesame Ginger Dressing   | <b>\$9.75</b>                   |
| <b>Greek Salad</b><br>Leaf lettuce with Kalamata olives, cucumbers, red onions, tomatoes, green peppers & Feta cheese<br>Greek Dressing  | <b>Mixed Fruit &amp; Walnut</b><br>Granny Smith apples, red onions, blue cheese crumbles, Craisins & toasted walnuts on spring mix & spinach<br>Raspberry Walnut Vinaigrette    |                                 |
| <b>Custom Cobb</b><br>Your choice of HAM, TURKEY, TUNA or CHICKEN with leaf lettuce, sliced eggs, tomatoes, avocado, black olives & blue cheese crumbles<br>Homemade Ranch Dressing                            | <b>Mexican Fiesta with Chicken</b><br>Leaf lettuce with black olives, corn, avocado, tomatoes & cheddar cheese topped with chicken & tortilla strips<br>Chipotle Ranch Dressing |                                 |
| <b>Chicken Caesar</b><br>6 North version of the classic Caesar with leaf lettuce, grilled chicken, sun dried tomatoes, red onions, Parmesan cheese & croutons<br>Classic Caesar Dressing                       | <b>Homemade Pasta Salad</b><br>Tri-colored rotini pasta with green peppers, black olives, green onions & tomatoes in Italian dressing   | <b>cup \$2.60 / bowl \$3.65</b> |
| <b>Mandarin Orange &amp; Chicken</b><br>Baby spinach & spring mix topped with grilled chicken, Granny Smith apples, mandarin oranges, blue cheese crumbles & cinnamon sugar walnuts<br>Brown Sugar Vinaigrette | <b>Side Salad</b><br>Leaf lettuce, tomatoes & croutons<br>Your choice of dressing   | <b>\$2.90</b>                   |
| <b>1/2 Cafe Salad &amp; Soup</b><br>Choose any Cafe Salad & Soup of the Day or Chili   |   | <b>\$9.00</b>                   |

## DRESSINGS

GF: Homemade Ranch • Chipotle Ranch  
Brown Sugar Vinaigrette

Golden Italian • Fat Free Italian • Classic Caesar  
Greek • Dijon Honey Mustard • Sesame Ginger  
Balsamic Vinaigrette • Raspberry Walnut Vinaigrette

Salads can be prepared without Gluten ingredients

# 6 north cafe

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Monday - Friday 6am - 8pm  
Saturday & Sunday 7am - 7pm

ORDER ONLINE [www.6northcafe.com](http://www.6northcafe.com)